Let's Talk About It

Mental health is essential to your well-being, to healthy family and interpersonal relationships, and to your ability to live a full and productive life.

If mental health issues are not addressed, they can contribute to chronic physical health problems like diabetes, heart disease, and even cancer.

Early diagnosis and treatment are keys to a long, healthy life!

Get In Touch

Stephanie Bellcock
FNP-C, PMHNP-BC
Lake City: (712) 464-7907
Lake View: (712) 665-8555

Carrie Goodwin
DNP, ARNP, PMHNP-BC
Gowrie: (712) 464-8891
Lake View: (712) 665-8555

Glenna Nockels
LISW
Lake City: (712) 464-7907

Learn more about mental illness, recovery, and available resources.

Rural Behavioral Health, LLC
McCrary-Rost Clinic Outpatient Counseling Services

Kate DeWall, LiSW
Telehealth Virtual Therapy
Tues. - Thurs. 10:00 - 7:00
(712) 464-7907

Melinda Engelmann, LiSW
Gowrie: (712) 464-8891

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-712-464-4203.

注意：如果您使用繁體中文，您可以免費獲得語言援助。請致電 1-712-464-4203.
Individual psychotherapy
Group psychotherapy
Family and couples therapy
Grief counseling
Medication evaluation
Cognitive behavior therapy
EMDR
SSP
Play therapy

Why choose SMCH?

Unique Approach
The treatment plan for each client is individualized and unique, just like his or her mental health.

Convenience
If you are unable to travel to one of our clinics, telehealth services may be available to you. Our professionals are also willing to meet patients at their nursing home or assisted living facility.

Quality
Our medical providers, staff, and therapists are highly trained and experienced in a variety of mental health areas.

Using an Integrated Model of Care, we'll work closely with your health care providers to deliver truly coordinated care.

You're not alone!

1 in 5 American adults experience mental illness

Only 41 percent of Americans experiencing mental health problems seek professional help

Suicide is the second-leading cause of death among Americans aged 10-34

Our Services
We offer a full spectrum of services to help individuals, couples, and families improve their mental health. These include, but aren’t limited to:

- Individual psychotherapy
- Group psychotherapy
- Family and couples therapy
- Grief counseling
- Medication evaluation
- Cognitive behavior therapy
- EMDR
- SSP
- Play therapy